

Favorite Recipes

OF

U. S. SENATOR

ROBERT C. BYRD

AS PREPARED BY

Mrs. Robert C. Byrd

BEEF STROGANOFF

- 1½ Lbs. round steak
- ¼ Cup butter
- 1 Cup sliced mushrooms or
1 3 oz. can, drained
- 1 Clove garlic, minced
- ½ Cup chopped onion
- 1 Can (1½ cups) tomato soup
- 1 Cup sour cream
- Salt
- Pepper

Cut beef into long thin strips. Brown well in ¼ cup butter in heavy skillet. Add mushrooms, chopped onion and garlic. Cook until lightly browned. Blend in tomato soup, sour cream, salt and pepper. Cover and simmer about one hour, or until beef is tender. Stir occasionally. Serve with hot cooked rice.



Senator Byrd is pictured with his family at home. On the left is the older daughter, Mona; Mrs. Byrd is in the center; and the younger daughter, Marjorie, is on the right. The cocker spaniel--"Billy Byrd"--is in the foreground.

CABBAGE ROLLS

1 Lb. lean ground beef
1 Cup cooked rice
Small chopped onion
1 Tsp. Salt
 $\frac{1}{2}$ Tsp. pepper
1 Egg
Cabbage leaves
2 8 oz. cans tomato sauce
 $\frac{1}{2}$ Cup water

Mix ground beef, cooked rice, chopped onion, salt, pepper and egg together. Trim off thickest part of stem from cabbage leaves. Divide meat into equal portions, wrap each in a leaf, fasten with wooden picks. Brown cabbage rolls slightly in Wesson oil. Add the two cans of tomato sauce and $\frac{1}{2}$ cup water. Cover, cook slowly about 40 minutes.

POUND CAKE

- 1 Cup pure white vegetable shortening
- 2 Cups sugar
- 3 Cups flour
- 4 Eggs
- 1 Cup buttermilk
- $\frac{1}{2}$ Tsp. baking powder
- $\frac{1}{2}$ Tsp. baking soda
- 1 Tsp. vanilla or almond flavoring

Cream sugar and shortening. Sift dry ingredients together and add eggs, flavoring and half the milk. Beat two minutes and add remaining milk. Beat two more minutes. Bake in two greased waxed paper-lined 8 x 3 loaf pans in 325° oven for 45 to 50 minutes.

LEMON MERINGUE PIE

- 1 Can (15 oz.) sweetened condensed milk
- $\frac{1}{2}$ Cup lemon juice
- 1 Tsp. grated lemon rind or $\frac{1}{4}$ tsp. lemon extract
- 2 Eggs, separated
- $\frac{1}{4}$ Tsp. cream of tartar
- 4 Tbs. sugar

Combine lemon juice and grated lemon rind or lemon extract; gradually stir into condensed milk. Add egg yolks and stir until well blended. Pour into chilled crumb crust or cooled pastry shell. Add cream of tartar to egg whites; beat until almost stiff enough to hold a peak. Add sugar gradually, beating until stiff but not dry. Pile lightly on pie filling. Bake in slow oven (325°) until lightly browned, about 15 minutes.

GRAHAM CRACKER PIE CRUST

- $1\frac{1}{4}$ Cups graham cracker crumbs
- 3 Tbs. sugar
- $\frac{1}{3}$ - $\frac{1}{2}$ Cup butter or margarine

Combine crumbs and sugar in medium-sized bowl. Stir in melted butter or margarine until thoroughly blended. Pack firmly into 8 inch pie pan. Chill one hour before filling, or bake in 350° oven for 8 minutes. Cool, chill and fill. Pie pan may be buttered. Remaining crumbs may be sprinkled over top of meringue before baking.

MEET THE ROBERT C. BYRD FAMILY



Mona Mrs. Byrd Senator Byrd Marjorie

